

Definitions

Quarantine: keeps someone who might have been exposed to the virus away from others.

Isolation: keeps someone who is infected with the virus away from others.

Strict Social Distancing: is a term ARO adopted from the State of Alaska that summarizes CDC's pre-travel guidance and other best practices. The goal of Strict Social Distancing is to avoid close contact, which means remaining six feet away from anyone not in the immediate household.

To achieve this goal travelers must avoid venues like:

- Large social gatherings such as weddings, funerals, or parties
- Mass gatherings, like sporting events, concerts, or parades
- Businesses like restaurants, bars, fitness centers, or movie theaters
- Trains, buses, airports, ride-shares, and public transportation
- Cruise ships, ferries, or river boats
- Occupied office buildings, schools, and day-care centers
- Contact or quasi-contact sports, such as basketball, hockey, football, and soccer

AND:

- Wear face coverings and remain six feet away from anyone not in their immediate households
- Use delivery or curbside pick-up for groceries, meals, or other errands

Off Road Communities: Communities that are NOT

- Connected by a road to the Steese, Elliot, Dalton, Seward, Parks, Klondike, Richardson, Sterling, Glenn, Haines, or Top of the World Highways

OR

- Served by the Alaska Marine Highway System (AMHS) or the Inter-Island Ferry System

Attachment 1 Summary of Travel Requirements and Websites

Summary of Travel Requirements and Websites	
Destinations	Requirements Summary and Website
Seattle	<p>The State of Washington advises travelers to follow the current CDC travel guidelines.</p> <p>https://www.doh.wa.gov/Emergencies/COVID19/Travel</p> <p>https://visitseattle.org/travel-advisory/</p>
City of Anchorage	<p>The City of Anchorage strongly encourages non-resident travelers to obtain pre-travel testing.</p> <p>https://covid-response-moa-muniorg.hub.arcgis.com/pages/emergency-orders</p> <p>Note: Anchorage recommendations are mandatory for NSF-funded travelers.</p>
State of Alaska	<p>Alaska recommends travelers submit a travel declaration and pre-travel negative test result through a portal. (State Public Health Order #2). Travelers may also upload proof of vaccination or register to receive a COVID-19 vaccine.</p> <p>https://covid19.alaska.gov/travelers/</p> <p>Note: Alaska recommendations are mandatory for NSF-funded travelers.</p>
Fairbanks North Star Borough	<p>Fairbanks' guidance is the same as the State of Alaska's</p> <p>https://www.fairbanksalaska.us/mayor/page/covid-19-information</p>
Toolik Field Station	<p>Toolik Field Station requires residents to quarantine in Fairbanks for 10 days and receive two, negative COVID tests</p> <p>https://www.uaf.edu/toolik/news/covid-19.php</p>
City of Utqiagvik	<p>The City of Utqiagvik strongly recommends that individuals who are not fully vaccinated quarantine for 10 days after arriving in the city. As mentioned above, NSF requires all travelers to quarantine for a minimum of 10 days after arrival, regardless of vaccination status OR to quarantine 10 days at the APOD and then quarantine for 5 days after arrival in Uqiagvik.</p> <p>http://www.north-slope.org/assets/images/uploads/news/2021-04-26_16-43.pdf</p>
Prudhoe Bay	<p>The Arctic Oilfield Hotel requires travelers to obtain a negative test 72 hours prior to arrival.</p>
Alaska Remote Locations	<p>The State of Alaska recommends travelers quarantine 10 days in their arrival city and obtain a negative test 72 hours prior to travel away from the road system or AMHS. However, remote municipalities may publish more stringent measures.</p> <p>Alaska GIS-enabled COVID-19 Clearinghouse</p> <p>Interior Alaska COVID-19 Hub</p> <p>Norton Sound Health Corporation</p> <p>Arctic Slope Native Association Press Releases</p> <p>Directory of Local Health Departments (National Association of County Health Officials)</p> <p>Note: Alaska recommendations are mandatory for NSF travelers</p>